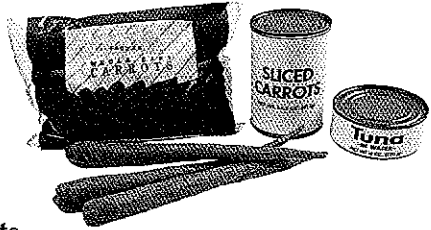


## Carrots and Tuna for Breastfeeding Women

Breastfeeding is Best for Idaho!



### Carrots

**Buy** Any brand fresh, frozen, canned, or baby carrots

**Do Not Buy** Organic, glazed, added sauces or flavors

### Tuna

**Buy** 6 or 6½ oz albacore, chunk, light, or solid white canned

**Do Not Buy** Fresh, smoked, pouches, or snack packs

- Bring your WIC Identification Folder every time you use a WIC check at the grocery store
- Choose WIC approved foods in the amounts listed on your WIC checks
- Separate WIC foods from other items you are buying
- Keep each WIC check's food separate.
- Hand your WIC check(s) and WIC Identification Folder to the cashier when you arrive at the checkstand.
- Sign the check after the cashier writes the amount of the purchase on the check
- Do not accept cash back or rain checks

WIC is an equal opportunity provider.

For more information on the Idaho WIC Program or Nutrition Services, call the Idaho CareLine at:

**2-1-1 or 1-800-926-2588**  
**1-208-332-7205 (TDD)**

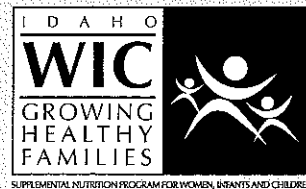
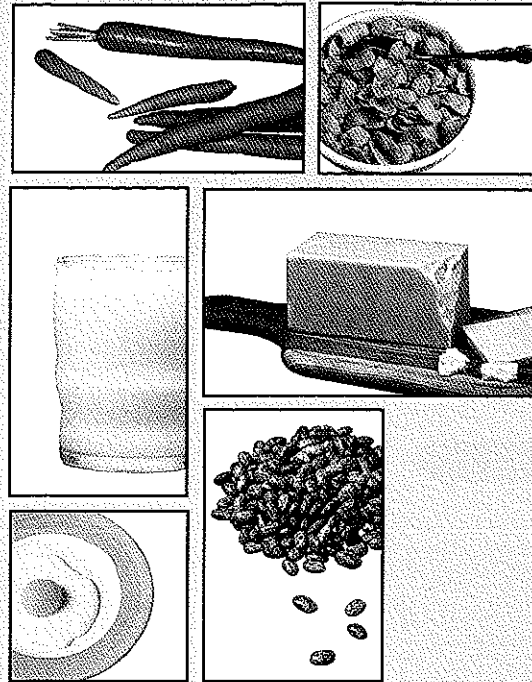
Costs associated with this publication are available from the Idaho Department of Health & Welfare, WIC Program Form 230 E/S 9/06



## Idaho WIC

# AUTHORIZED FOOD LIST

Effective October 1, 2006  
through September 30, 2008



[www.idahohealth.org](http://www.idahohealth.org)

## Cereal

**Buy** Buy only the cereals pictured here:

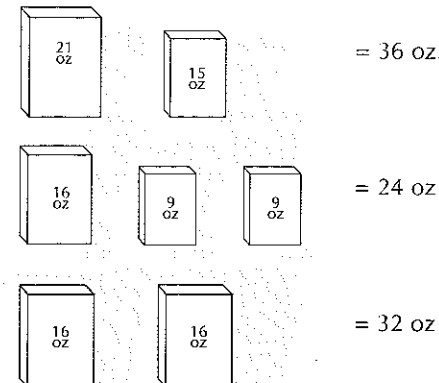


Honey roasted only

Regular flavor only

Regular flavor only

Choose any combination of WIC cereal to total 36 oz or less



## Juice

**Buy** 100% single flavor juice  
Buy only the juice pictured below

11.5 or 12 oz frozen concentrate:



Original, Country Style or Pulp Free



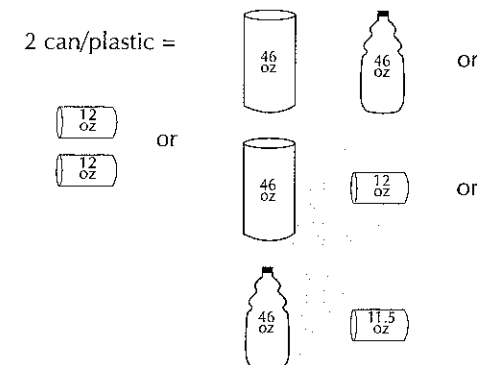
46 oz plastic bottles:



46 oz cans:



Examples of possible juice combinations:



## No organic food items allowed

### Infant Cereal

**Buy** 8 or 16 oz Gerber, Del Monte, or Beechnut dry cereal that is rice, barley, oatmeal, or mixed



**Do Not Buy** Organic, added fruit, formula, cans, or jars

### Infant Juice

**Buy** Any flavor or blend of Gerber, Del Monte, or Beechnut in 6-pack, 4-pack, or individual 4 or 4 2 oz containers



**Do Not Buy** Added yogurt, organic

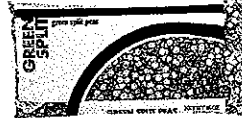
### Infant Formula

**Buy** Iron fortified infant formula as printed on check.

## You can help WIC by choosing the lowest cost foods.

### Dried Beans, Peas, and Lentils

**Buy** Any brand bagged or bulk plain dried beans, peas, or lentils to make 16 oz. or 1 pound (lb). Canned beans only if printed on check



**Do Not Buy** Added grains, flavoring, or soup mix.

### Peanut Butter

**Buy** Any brand of 16 or 18 oz creamy, chunky, or honey roasted



**Do Not Buy** Peanut butter with added ingredients, spreads, or reduced fat

Look for the tag below when shopping for WIC foods. Be sure to double check that the items marked with this tag are WIC approved.



### Eggs

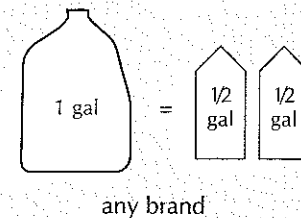
**Buy** Any brand and size of white chicken eggs in cartons of 12



**Do Not Buy** Brown, organic, or specialty eggs

### Milk

**Buy** Any brand pasteurized, unflavored, cow's milk



Only if printed on check: quarts, canned evaporated, powdered, acidophilus, lactose reduced, lactose free, buttermilk, goat's milk, 12 oz evaporated goat's milk.

**Do Not Buy** Flavored, organic, unpasteurized, soy, rice, half and half, UHT (shelf stable), or powdered goat's milk

### Cheese

**Buy** Any brand of 16 oz or 32 oz domestic natural, regular, or low-fat, unsliced, vacuum-packed cheese pictured below



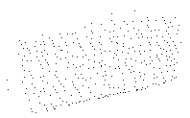
Cheddar Cheese



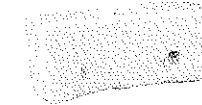
Process American Cheese



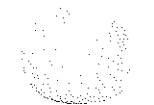
Colby Jack Cheese



Monterey Jack Cheese



Swiss Cheese



Mozzarella Cheese



String Cheese

Only 16 oz multi-stick bag of mozzarella.

16 oz = 1 pound

**Do Not Buy** Extra sharp cheddar, shredded, cubed, organic, cream, flavored, cheese foods or spreads, individually sold sticks, or added ingredients